

## Lesson 5: How does meditation work?

The Buddha taught his followers that if they trained and controlled their minds through **meditation**, they could reach nirvana.

**Nirvana** is very difficult to describe for non-Buddhists but it is a state of enlightenment – becoming aware of the truth of the world – and a state in which suffering is no longer felt.

Buddha teaches his followers:

“just as an archer straightens an arrow, so the discerning man straightens his mind – so fickle and unsteady, so difficult to guard”



## Why do Buddhists think it is important to exercise the mind and practice good mental states?

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**Describe and illustrate how Buddhists meditate including their pose and what they should be thinking about.**

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